

# U.S. Rice Industry



**U.S.** rice growers in the six major rice-

producing states — Arkansas, California, Louisiana, Mississippi, Missouri, and Texas — produce enough high-quality rice to feed Americans and millions of people around the world. The U.S. rice industry is unique in its ability to produce all types of rice — long-, medium- and short-grain, as well as aromatic, organic and specialty varieties. Growers are committed to providing a safe, nutritious and abundant supply of one of the world's most important foods.

Rice production, milling and marketing in the United States is a multibillion dollar industry, generating \$34 billion in economic activity annually and providing thousands of jobs that are critical to the economic health of rural communities. The U.S. rice industry produces roughly 20 billion pounds of rice on approximately 3.5 million acres each year, roughly 50 percent of which supplies the domestic market. Although the United States produces less than 2 percent of the world's rice, it ranks among the top five rice-exporting nations.

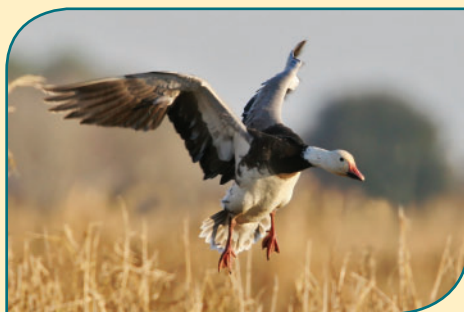
## Conservation and Sustainability

Rice farming's conservation benefits are well recognized. All major rice-producing areas of the United States serve as important habitats for waterfowl activity during the winter months. In fact, rice-growing areas are home to hundreds of wildlife species that rely on wetland conditions for survival, species which are or could be threatened if not for the habitat provided by flooded rice fields.

In 2011, USA Rice Federation became the first national recipient of the USDA Natural Resources Conservation Service Legacy of Conservation award, which recognizes outstanding organizations or individuals whose partnership efforts significantly contribute to America's enduring legacy of conservation on our working lands.

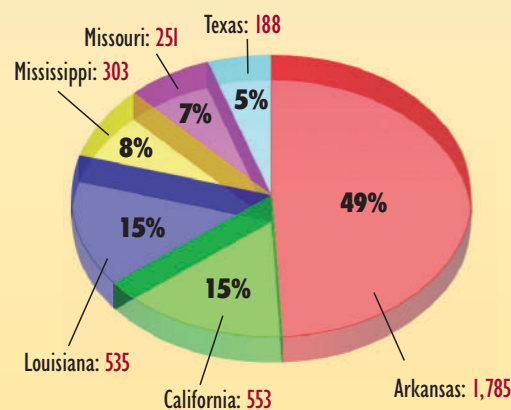
An industry study shows that over a 20-year period, rice farmers nationwide have achieved a:

- 21% decrease in land use
- 32% reduction in water use
- 34% decrease in soil loss
- 52% reduction in energy use
- 29% reduction in soil methane production



## The U.S. Rice Industry by the Numbers

The U.S. Rice Industry Dedicated 3,615,000 Acres to Production in 2010



State numbers are in thousands of acres and percentages are rounded.

Source: U.S. Department of Agriculture, Crop Production 2010 Annual Summary

## Top 10 World Markets for U.S. Rice, August 2010 – July 2011 Crop

(thousand metric tons)

Market	U.S. Exports
1. Mexico	863.7
2. Haiti	310.0
3. Japan	305.1
4. Canada	227.6
5. Turkey	200.7
6. Libya	168.9
7. Venezuela	147.3
8. Honduras	135.7
9. Nicaragua	119.9
10. Saudi Arabia	117.5

Source: U.S. Department of Agriculture Economic Research Service 2011 Yearbook

## Fast Facts:

- There are approximately 29,000 grains in one pound of rice.
- 85% of the rice consumed in America is grown here.
- Nearly 50% of the rice produced in the United States each year is exported, going to more than 100 countries.

## GROWN IN THE USA



Look for the “Grown in the USA Rice” logo on packages of 100% U.S.-grown rice. Buying American rice supports American farmers and the U.S. economy.

## From *My Plate* to *Your Plate*™

# Rice Fits!



## From MyPlate to Your Plate — Rice Fits!

The U.S. Dietary Guidelines for Americans / MyPlate recommend 6 one-ounce servings of grains daily (based on a 2,000-calorie diet), with half the servings coming from whole grains, such as brown rice, and the other half from whole or enriched grains like enriched white rice. The USA Rice Federation is a

USDA MyPlate National Strategic Communications Partner to educate consumers about healthy food choices. Go to [choosemyplate.gov](http://choosemyplate.gov) to find more about healthy eating.

## Rice Eaters are Healthier

Recent research published in the *Journal of the American Dietetic Association* and *Nutrition Today* shows that eating enriched white and whole grain brown rice helps improve overall diet quality and potentially reduces the risk for many chronic diseases.



USA Rice Federation • [www.usarice.com](http://www.usarice.com)  



## Harvest Rice

- |  |                             |
|--|-----------------------------|
| • 1 tablespoon vegetable oil               | • 3 cups cooked brown rice  |
| • 1 cup julienne carrots                   | • ½ cup seedless raisins    |
| • 1 cup sliced green onions                | • 1 tablespoon sesame seeds |
| • 2 cups cored and chopped unpeeled apples | • ½ teaspoon salt           |

## Preparation

Heat oil in large skillet over medium-high heat. Cook carrots 3 to 5 minutes or until tender-crisp. Add onions and apples; cook 3 to 5 minutes. Stir in rice, raisins, sesame seeds and salt. Cook, stirring, 1 to 2 minutes or until heated thoroughly.

Yields 6 servings.